

Special Issue

Improving Exercise Performance and Managing Conditioning: The Important Role of Sports Nutrition

Message from the Guest Editors

Sports nutrition plays a critical role in enhancing exercise performance through targeted strategies that optimize endurance capacity, high-intensity output, and cardiometabolic health. This Special Issue focuses on three primary thematic directions: (1) nutritional approaches that improve aerobic performance and cardiorespiratory function, (2) evidence-based strategies that enhance anaerobic capacity and high-intensity exercise performance, and (3) nutrition-driven adaptations related to metabolic efficiency and vascular health. We welcome original studies and systematic reviews examining the effects of specific nutritional interventions on VO_2 max, lactate threshold, oxygen utilization, endothelial function, anaerobic power, glycolytic efficiency, and repeated high-intensity performance. Submissions addressing key ergogenic aids such as creatine, beta-alanine, and nitrate-rich foods, as well as macronutrient periodization, hydration strategies, antioxidant support, and mitochondrial function are particularly encouraged.

Guest Editors

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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